



Guiding Good Choices (GGC)ⁱ

The purpose of this document is to provide a brief overview of Guiding Good Choices based on the information available in The Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP). The content presented in this brief was retrieved from SAMHSA's NREPP. For detailed descriptions of the outcomes and research mentioned, the quality of research rating, full program information, and a list of studies reviewed, visit <http://www.nrepp.samhsa.gov/>.

What is it?

Guiding Good Choices (GGC) is a drug use prevention program that provides users with the knowledge and skills needed to guide children through early adolescence. It seeks to strengthen and clarify family expectations for behavior, enhance the conditions that promote bonding within the family, and teach skills that allow children to resist drug use successfully. GGC is based on research that shows that consistent, positive parental involvement is important to helping children resist substance use and other antisocial behaviors. Formerly known as Preparing for the Drug Free Years, this program was revised in 2003 with more family activities and exercises. The current intervention is a five-session curriculum that addresses preventing substance abuse in the family, setting clear family expectations regarding drugs and alcohol, avoiding trouble, managing family conflict, and strengthening family bonds. Sessions are interactive and skill based, with opportunities for parents to practice new skills and receive feedback, and use video-based vignettes to demonstrate parenting skills. Families also receive a Family Guide containing family activities, discussion topics, skill-building exercises, and information on positive parenting.

Who is it for? What presenting problems does it address?

Children ages 9-14 and their parents with issues related to alcohol, crime/delinquency, drugs, family/relationships, mental health, social functioning, and tobacco.

What outcomes are addressed in the research?

1. Substance use
2. Parenting behaviors and family interactions
3. Delinquency
4. Symptoms of depression (adolescents)

How much does it cost?*

**The following information may have been updated by the developer and may not reflect the current costs or availability of items. Please check with the implementation point of contact for current cost information and implementation requirements.*

1. Core program kit: \$839 each; discounts are available for 10 or more
2. Family guide: \$13.99 each; discounts available for 10 or more



3. Pre- and posttests: *Free*
4. 3-day, on-site training: *\$4,200 for up to 12 people, plus travel expenses*
5. Consultation by phone or email: *\$100 per hour*
6. On-site technical assistance: *\$1,200 per day or \$600 per half-day, plus travel expenses*

For additional information and resources on Guiding Good Choices, visit:

- *SAMHSA's National Registry of Evidence-based Programs and Practices: Guiding Good Choices*
<http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=302>
- *Channing Bete Company: Guiding Good Choices*
<http://www.channing-bete.com/ggc>

Implementation:

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ⁱ U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration. (2013). Guiding Good Choices. *National Registry of Evidence-based Programs and Practices*. Retrieved on 8 April 2013 from <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=302>